

**Level of Physical Activity\***  
**Kentucky BRFSS 2000**

Geographic Groups	Total Respond.#	Physically inactive			Irregular			Regular			Regular and vigorous		
		N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	6415	2857	41.1	(39.4-42.8)	1575	25.5	(24.1-27.1)	1361	23.9	(22.4-25.4)	622	9.5	( 8.6-10.5)
ADDs													
Barren River	439	190	39.5	(34.3-45.1)	103	25.4	(20.8-30.7)	106	26.9	(21.8-32.7)	40	8.1	( 5.5-11.8)
Big Sandy	348	183	51.8	(45.8-57.7)	75	21.3	(16.8-26.6)	66	20.2	(15.9-25.4)	24	6.8	( 4.5-10.1)
Bluegrass	505	200	40.0	(35.3-44.9)	120	24.5	(20.5-29.0)	126	25.2	(21.2-29.7)	59	10.3	( 7.8-13.5)
Buffalo Trace	332	165	48.5	(42.5-54.7)	93	29.6	(24.1-35.8)	51	16.2	(12.1-21.4)	23	5.7	( 3.6- 8.7)
Cumberland Valley	402	224	52.8	(47.0-58.5)	84	23.7	(18.9-29.2)	69	17.8	(13.5-23.2)	25	5.8	( 3.8- 8.6)
FIVCO	462	213	48.4	(42.0-54.9)	101	21.3	(17.1-26.1)	97	19.7	(15.8-24.3)	51	10.6	( 7.8-14.3)
Gateway	450	209	45.1	(39.7-50.6)	110	24.2	(19.7-29.3)	102	25.2	(20.6-30.4)	29	5.6	( 3.7- 8.3)
Green River	381	157	39.4	(34.1-45.1)	112	29.1	(24.2-34.6)	69	21.1	(16.6-26.5)	43	10.3	( 7.4-14.2)
Kentucky River	430	216	47.9	(42.5-53.4)	103	27.3	(22.3-32.9)	83	18.8	(15.0-23.4)	28	6.0	( 3.9- 9.1)
KIPDA	474	181	36.9	(32.1-42.0)	123	26.4	(22.1-31.3)	110	26.6	(22.2-31.6)	60	10.0	( 7.6-13.1)
Lake Cumberland	415	194	48.3	(42.6-54.1)	101	23.9	(19.5-28.9)	76	18.7	(14.3-24.0)	44	9.1	( 6.6-12.4)
Lincoln Trail	436	199	43.8	(38.7-49.0)	103	23.1	(18.9-27.8)	87	21.1	(17.1-25.8)	47	12.1	( 8.9-16.2)
Northern Kentucky	440	149	32.6	(28.0-37.6)	131	30.6	(25.9-35.7)	113	27.4	(23.0-32.3)	47	9.4	( 6.9-12.8)
Pennyrile	431	198	41.3	(36.3-46.6)	107	26.4	(21.8-31.5)	87	21.6	(17.4-26.6)	39	10.6	( 7.6-14.6)
Purchase	470	179	37.0	(32.2-42.1)	109	23.0	(19.0-27.5)	119	27.7	(23.1-32.7)	63	12.4	( 9.5-16.0)

\*Data in this table were derived from the exercise questions. Physically inactive: No reported activity. Irregular activity: Any physical activity or pair of activities done for less than 20 minutes or less than three times per week. Regular activity: Any physical activity or pair of activities done for a total of 20 or more minutes three or more times per week, at less than 50% of functional cardiorespiratory. Regular and vigorous activity: Any physical activity or pair of physical activities that requires rhythmic contraction of large muscle groups at 50% of functional cardiorespiratory conditioning capacity for 20 or more minutes three or more times per week.

#Use caution in interpreting data for total respondents less than 50. N = Cell Size, NH = Non-Hispanic, % = Percentage, C.I.(95%) = Confidence Interval (at 95 percent probability level).

Percentages are weighted to population characteristics.  
Unless stated differently above, Missing, 'Don't know', and Refused responses are excluded.